

millionhearts.hhs.gov

Million Hearts™ is a national initiative to prevent 1 million heart attacks and strokes by 2017.

Increasing physical activity is just one step you can take to fight against heart disease.

Make walking fun again by getting a key-tab and clicking-in around the city!



Each “click-in” represents the walk you take at any of the Million Clicks for Million Hearts walking paths.

Million Clicks for Million Hearts Walking Paths

- **LifeTrail in Cedar Creek Parkway:** Entrance on Honochick Drive
- **Trexler Park:** Entrance on Springhouse Rd between Tilghman and Broadway
- **Andre Reed Park:** Entrance off Irving St between Union Blvd and Hanover Ave
- **Lehigh Parkway:** Robin Hood Bridge parking lot
- **The Hamilton Mile:** “Click in” station at Hamilton & 9th Street



www.allentownpa.gov/millionhearts

This project was funded by the Pa. Department of Health's Preventive Health and Health Services Block Grant.



Million Clicks for Million Hearts

The Allentown Health Bureau and Department of Parks & Recreation invite you to “click—in” at walking paths around the city to promote heart health!



Help the city reach the goal of **1 Million Clicks** while winning prizes along the way!

MILLION HEARTS WALKING PATHS

There are 5 locations throughout the city where “click-in” stations are available.

(Addresses listed on back panel)

- LifeTrail in Cedar Creek Parkway
- Trexler Park
- Andre Reed Park
- Lehigh Parkway
- The Hamilton Mile
(Hamilton & 9th Street)



Prizes will be awarded each month!

Each time you “click-in” your name will be entered to win a prize that will be awarded monthly. The more you “click-in” the more chances you have to win!



Sign up to receive a free key-tab and join the fun!

Send completed sign-up form to:
Allentown Health Bureau
245 N. 6th Street
Allentown, Pa 18102

Questions? 610-437-7581 or
Ronya.Nassar@allentownpa.gov

SIGN UP HERE

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

Date of Birth: ____/____/____

Height _____ Weight: _____

Circle your answer for the following:

Sex: Male / Female

Ethnicity: Hispanic or Latino/
Non-Hispanic or Non-Latino

Race: American Indian or Alaska
Native / Asian / Black or African
American / Native Hawaiian or Other
Pacific Islander / White / Multi-Racial

Education Level:

Some high school
High school graduate
Some college
College graduate

**During the last 7 days, on how many
days did you walk/run for at least
10 minutes at a time for exercise?**

_____ days